

NASA LANGLEY CHILD DEVELOPMENT CENTER

STUDENT MENU

Menu 5 On a Cyclical Cycle

	Breakfast	Lunch	Snack
M O N	Pancakes Apple wedges Milk	Chicken & rice casserole Peas & carrots Pineapple tidbits Milk	Graham crackers Milk
T U E S	Cheese toast Mandarin orange Milk	Spaghetti w/ meat sauce Green Beans Dice pears Bread Milk	Animal crackers Apple juice
W E D	Apple muffins Pears Milk	Macaroni & cheese Broccoli Mandarin oranges Buttered bread Milk	Cheese & cracker Grape juice
T H U R S	Biscuits Diced peaches Milk	Bologna sandwich Carrots Apple wedges Milk	Oatmeal cookies Milk
F R I	Cereal w/ milk Orange juice	Fish sticks Sweet peas Applesauce Bread Milk	Fruit cup Milk or Water

Substitutions for:

- Cheese toast or cheese sandwich or peanut butter toast, ham, turkey or bologna sandwich
- Crackers & cheese or peanut butter crackers
- Macaroni & cheese or chicken noodle soup or chicken & rice soup
- Pizza or English muffin with tomato sauce or spaghetti sauce base, topped with either sausage, hamburger, ham or turkey
- Biscuit or peanut butter toast